

KENTUCKY TEACH PROJECT

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EMAIL US!
kytransition@aol.com

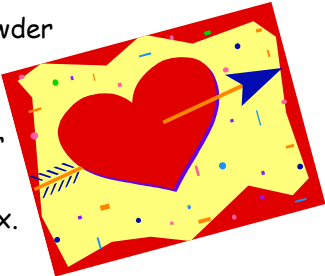
*Do you need help finding resources or services in your area?
Here's a website that can help: <http://resourcedirectory.state.ky.us>*

Valentine's Day Cookie Recipe: Butter Crisps

Ingredients:

1 cup butter or margarine
1 (4 oz) package cream cheese
1 cup white sugar

1 egg
1 teaspoon vanilla extract
2 1/2 cups all-purpose flour
1/2 teaspoon baking powder



Directions:

1. Cream together the butter and cream cheese. Gradually add sugar and egg, continue beating until blended.
2. Add flour and baking powder gradually to butter/cream cheese mix. Chill dough 1-2 hours.
3. Roll out on floured board and cut in desired Valentine shapes. Bake at 350 degrees for approximately 12 minutes or until light brown. If you like frosting, smooth it on the cookies after they have cooled a couple of minutes.

This is a special holiday, so it's okay to eat a few cookies. Just work it off later, and keep up your balanced diet most of the time!

VALENTINE'S DAY PUZZLER!

Cupid has lost his bow and arrow. Help him find them, so he can continue to restore love on earth!

VELO _____

CRANOEM _____

SERFIDHINP _____

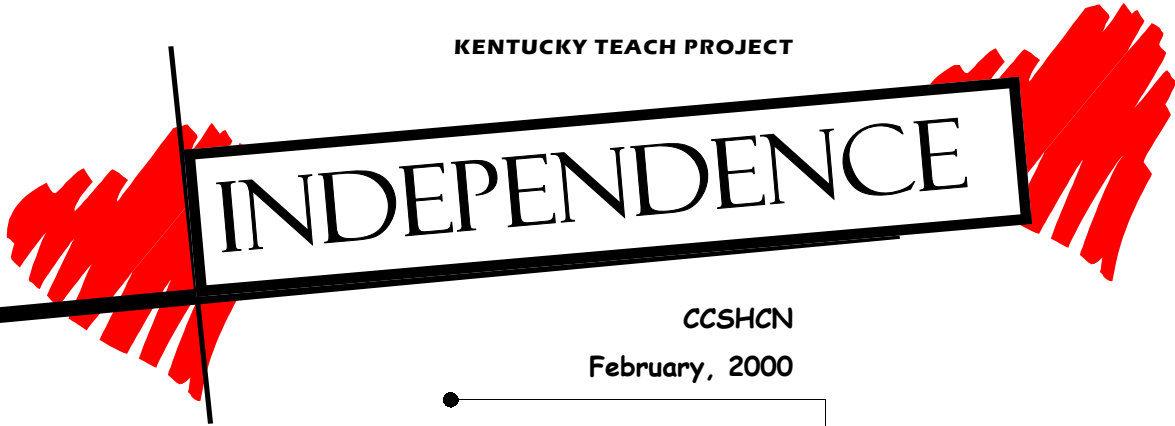
LINTEVANE _____

REATH _____

COLOTEACH _____

Answers: LOVE, FRIENDSHIP, HEART, ROMANCE, VALENTINE, CHOCOLATE

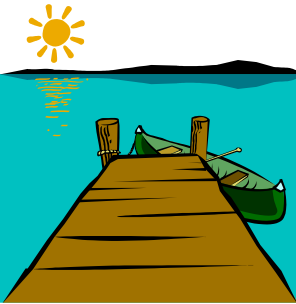
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CCSHCN
February, 2000

DO YOU KNOW WHAT
YOU'LL DO THIS SUMMER?

We know it's only February, but it's not too early to think about what you might do this summer. Maybe you want to go to camp. Maybe you would like to find a summer job. Maybe there are some summer classes you could take to teach you some new



skills or build on ones you already have. We can help! Talk with the people at the Commission — they will have lists of possibilities and ways the Kentucky Teach Project can help you do something new and different this summer!

Kentucky
Commission for CSHCN
Regional Offices and
Phone Numbers:

- Ashland
800-650-1329
- Barbourville
800-348-4279
- Bowling Green
800-843-5877
- Edgewood
888-542-4453
- Elizabethtown
800-995-6982
- Hazard
800-378-3357
- Hopkinsville
800-727-9903
- Lexington
800-817-3874
- Louisville
800-232-1160
- Morehead
800-928-3049
- Owensboro
877-687-7038
- Paducah
800-443-3651
- Salversville
800-594-7058
- Somerset
800-525-4279

SUCCESSFUL LIVING

We'd like to tell you about Sunil Little and Tammy Ramsey. Soon Sunil is a twenty-year old student attending Lexington Community College. Sunil was in a car accident when he was three months old, which left the left side of his brain damaged and his right hand paralyzed. Sunil has been at LCC for six semesters and he enjoys studying Communication and Journalism. Two of his favorite teachers are Stacie Webster-Yajik from Pikeville, Kentucky. Sunil plans to transfer to the University of Kentucky. He's always dreamed of becoming a Wildcat. Sunil tried out for an Intramural Basketball Team, the Devil Dogs, this year and he made it. Congratulations!!! Sunil's goal is to make a difference in himself and someone else. His motto is: take one day at a time.



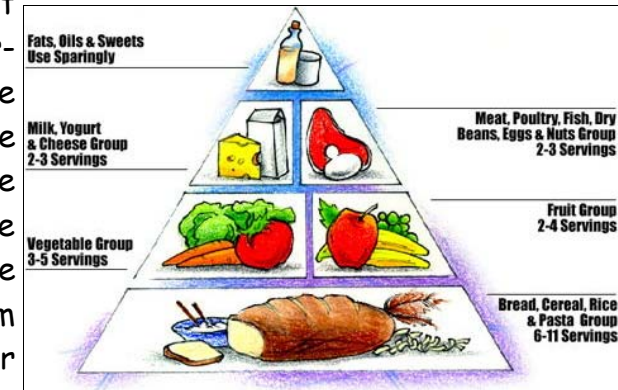
Four Simple ways to show people you love them on Valentine's Day:

1. Give them a card or gift you made yourself
2. Bake them something special like cookies, brownies, etc. (see recipe idea on back page!)
3. Write them a letter
4. Call them and tell them you love them

Let as many people as you can think of know that you love them. You might be the only one who cared enough to let them know they are loved!

HEALTHY LIVING

Although many of us would rather have McDonald's, it is very important that we keep a balanced diet. We should eat healthy and exercise, because we are only given one body and we have to take good care of it. Choose foods daily from the five major food groups shown in the Food Guide Pyramid.



The Food Guide Pyramid

Pyramid. Eat foods from all the groups daily to receive the nutrients you need. Choose foods that are low in fat, and watch your sweets.

Some good snacks to try:

Thirsty: cold milk, juice, or ice water with lemon

Smooth: yogurt, cottage cheese (good with peaches and pear halves), bananas

Crunchy: raw vegetables, apples, popcorn, rice cakes

Juicy: oranges, grapes, frozen juice pops, juices

Hungry: hard-boiled eggs, granola, peanut butter, cheese on crackers

Fun: frozen grapes, banana slices, fruit (my favorite is fresh pineapple rings)



Don't forget to exercise! There may be some limits on the exercises you can perform, but do what you can. Ask your doctor or physical therapist to show you some exercises you can do at home.

Play your favorite music while doing your exercise routine. Most importantly, have fun!!!!!!